Ottawa metro

Your essential daily news | TUESDAY, APRIL 18, 2017

High 11°C/Low 2°C Sunny

Ottawa Senators centre Derick Brassard celebrates after his goal against the Bruins in Boston on Monday.
THE ASSOCIATED PRESS

SENS HIT THE BIG TIME IN OVERTIME

Ottawa takes 2-1 series lead over Bruins on Bobby Ryan's OT winner

Game repot on **metroNEWS.ca**

THE ROUTES ARE A-CHANGIN'

Metro's guide to a new-look OC Transpo
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metro NEWS
Your essential daily news

Air Canada apologizes to P.E.I. family after 10-year-old bumped off flight. **Canada**

OC Transpo updates routes

PUBLIC TRANSPORTATION

Transit agency renumbers 14 buses ahead of light-rail debut

Alex Abdelwahab
Metro | Ottawa

Two riders wait for the Route 176 bus on Merivale Road at Viewmount Drive, on Monday. As of April 23, Route 176 will become Route 80. ALEX ABDELWAHAB/METRO

OC Transpo is rolling out a new round of route updates that might change the number on the front of the bus you take to work.

As of Sunday, 14 bus routes will have new numbers and 33 will have new schedules or routes.

These changes, announced last June, are the latest in Ottawa's planned transit overhaul as the city gets ready for light rail in 2018.

A first round of changes that renumbered more than 30 routes, took effect on Christmas Day 2016.

New numbers, same route

Among the changes, if your commute includes a 92 or 96, come Sunday you will be taking a 62 or 61, respectively.

Route 2 will become Route 11, as the number 2 has been assigned to the O-Train Trillium Line. Meanwhile, the 118 and 176 will become the 88 and 80, respectively.

Understanding the route numbers

Most bus route numbers are organized by geography. For instance, buses in 60s, 160s or 260s will always end in Kanata, while buses in the 80s, 180s or 280s will always end in Nepean.

Buses in the 100s identify routes that will not connect to the O-Train Confederation Line.

Buses in the 200s designate "Connexion Routes," which replaced express routes at the end of 2016. Buses in the 300s designate free, once-a-week "shopper" routes; buses in the 400s designate event routes; buses in the 600s designate school routes.

The route-number changes on Sunday are meant to correct "inconsistencies" with naming conventions, according to a June 2016 technical briefing.

Changes pave way for 2018

The briefing says that OC Transpo's route-number changes are meant to help riders understand how the buses will connect to the O-Train Confederation Line.

"Bus routes and train lines are organized into groups — or service types — that provide meaningful information to customers … through a consistent use of names, numbers, colours, and symbols," the briefing says.

The new navigation structure includes seven new colours and six new symbols to help riders figure out where buses go and when to expect them.

Understanding the colours and symbols

The new Connexion Routes have a purple oval around the route number.

Rapid Routes have a blue circle around the number. They run station to station along the Transitway and dedicated bus Lanes. By 2018, there will be 15 Rapid Routes.

Frequent Routes have an orange hexagon around the number. They identify buses that come every 15 minutes or less between 6 a.m. and 7 p.m. on weekdays. By 2018, there will be 20 Frequent Routes.

Local Routes have a grey rectangle around the route number and serve a specific neighbourhood.

New Route Numbers Starting April 23,2017

Old number	New number
2	11
6	56
92	62
96	61
118	88
150	50
151	81
156	83
157	187
172	82
176	80
178	84
180	158
182	66

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HOUSING

'Property scalpers' targeted

Ontario Finance Minister Charles Sousa is giving strong hints that the government's much-anticipated house affordability package will include measures targeting real estate speculators, or as he calls them "property scalpers."

In public comments last week, Sousa said speculators are reselling contracts for preconstruction homes multiple times before closing.

"There are those who go into new developments, buy up a slew of properties, and then flip them, while avoiding paying their fair share of taxes," he said. "I call them property scalpers."

However, the finance minister admitted there's no data to show how widespread it is.

A similar practice — called "shadow flipping"— became increasingly common in Vancouver. It typically involved a real estate agent reselling the same previously owned home multiple times before the closing date, driving up the price.

In May 2016, the B.C. government put in place new rules that require real estate agents to draft offers that require the seller's consent to a contract transfer, and any resulting profit to be returned to the seller.

In Ontario, according to Sousa, property scalping involves only new developments.

"What's worse is young families who are actually trying to get into the queue, into the lineup to buy that first home, are getting crowded out," he said.

Sousa's office would not comment on whether the government would introduce rules similar to those in British Columbia, but the finance minister has floated a number of possible measures, including implementing a tax on foreign buyers.

He has said that at least some measures will be included in the Ontario budget, THE CANADIAN PRESS

Snitch line buzzing for Canada Revenue Agency

TAXES

No rewards paid out yet but plenty of calls coming in

Ryan Tumilty
Metro | Ottawa

The Canadian Revenue Agency's offshore tax tip line program has yet to pay out any rewards, but the agency said it's generating a lot of leads.

The Offshore Tax Informant Program (OTIP), which was launched in January 2014, offers rewards for information that leads to the agency collecting an additional $100,000 or more in federal tax.

It has yet to pay out a reward, but has received 407 submissions and has contracts with 27 informants.

"OTIP is proving successful as it is generating important new information about international tax evasion and avoidance which would not otherwise have been available to the CRA," said agency spokesperson David Walters in an email. "This information is key in building additional offshore intelligence and compliance workload for the agency."

> This information is key in building additional offshore intelligence.
> David Walters

He said the agency was generating good leads and was auditing 218 taxpayers because of the program. It has also reassessed more than $1 million in penalties and taxes.

The CRA doesn't pay a reward until a successful investigation closes and the agency receives payment. Walter said that can take some time.

"These international audits can be complex and take years to complete."

The offshore program is not the agency's only tip line to catch tax-avoiders; There's also a domestic program, which generates a lot more calls.

In the 2016-17 fiscal year, that program generated 37,400 calls, up from 30,000 in the 2013-14 fiscal year.

That program doesn't pay rewards — the agency doesn't even track whether the tips help track down tax cheats.

"The CRA does not track the number of leads that are subject to audit or require further investigation," said spokeswoman Lise Newton.

She said some of the tips generate new investigations, while others just add to existing ones and the agency doesn't differentiate between the two.

EASTER SURPRISE
NEW PIGLETS BORN AT THE MUSEUM OF FOOD AND AGRICULTURE
Staff member Celine Baker shows off a young piglet to children at the Museum of Food and Agriculture on Easter Monday.
The new piglets were born just a week earlier.
HALEY RITCHIE/METRO

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ANIMAL WELFARE

Chocolate bunnies, not real ones, are best to bring home this Easter

Drew May
For Metro | Ottawa

Some Ottawa pet stores have stopped offering rabbits at Easter.

Ginnette Wilson, an employee at Critter Jungle, says rabbits shouldn't be Easter gifts and the store doesn't offer them around the holiday.

Sarah Helmes, a volunteer at New Beginnings pet shelter, said there is more demand for rabbits this time of year but "a large portion" are given to shelters afterwards.

"You go into the store or the shelter and there's this cute little baby bunny rabbit and it's fluffy," she said.

"People don't realize that when you get these animals home, they may be small but they require a lot of space."

Helmes said despite the rigorous process imposed on rabbit adopters, they still stop adoptions so Easter buyers don't slip through.

"If they're willing to not adopt through Easter and wait, we know that it's an animal they're more serious about," she said.

She said people who buy rabbits and don't want them anymore should give them to an animal shelter instead of placing an advertisement online.

"We feel that the animals have a better chance at finding a suitable home when they're surrendered to a shelter or rescue because the shelters and rescues have specific protocols to advertise the animals."

The busy Baseline Road was the scene of a car accident this weekend that saw two men killed. TAMAR HARRIS/FOR METRO

Fatal crash renews calls to slow down

SAFETY

Speeding a problem on 'vast majority of the roads'

Tamar Harris
For Metro | Ottawa

The stretch of Baseline Road between Merivale Road and Fisher Avenue has locals concerned about road safety.

A single-vehicle rollover on Saturday afternoon killed two male passengers. Ottawa police have not released the cause of the accident. It's not known whether speed was a factor.

On Sunday, however, drivers were ticketed for speeding in the area, with one driver caught doing 110 km/h in the same location as the previous day's accident.

110 km/h

One driver caught doing 110 km/h on Sunday in the same location as the previous day's accident.

"I've been working here for a long time," said Fatih Shallal, manager of Gabriel Pizza on Baseline Road. "The speeding here is unbelievable."

The speed limit along that stretch of Baseline Road is 60 km/h, but Shallal said he sees drivers go as fast as 80 km/h or 100 km/h.

"Speeding is a problem on the vast majority of the roads in Ottawa," said Const. Phil Kane of the Ottawa police traffic services unit. "But Baseline is problematic because people use it as a major east-west route."

On Sunday, Kane tweeted that he clocked drivers going 110 km/h, 101 km/h and 96 km/h in the area where the accident happened.

Bob Rintoul, general manager of the Myers Cadillac Chev Buick GMC car dealership on Baseline, said, "There's definitely no respect for 60 km/h."

Rintoul has worked at the dealership for 16 years. In that time, he said, he can recall four accidents where the car left the road and damaged inventory near the curb.

"People will always speed between lights if there's a wide-open stretch," said Kane. "Where that collision happened on Saturday, that's a problematic area. But pretty much the entire stretch of Baseline from one end all the way to Heron Road, and even including Heron Road where the Heron Road bridge is — is problematic for speeding. It always has been, and it will always be that way."

Ottawa police warn the public to slow down and avoid distractions while driving.

"Baseline Road is lined with houses," Kane said. "People are coming and going, they're turning in there, children live in those houses, families live in those houses. Slow down and arrive alive."

BYWARD AND PARKDALE

City puts feelers out for new market czar

Haley Ritchie
Metro | Ottawa

The city is moving fast on its new plan to hand the ByWard and Parkdale markets over to an independent board of directors.

Community members who want a spot on that board have only two weeks to apply, according to the newly published callout. The city is accepting applications until May 1.

"Our new Municipal Services Corporation (MSC), managing the ByWard and Parkdale Markets, is seeking nine experienced, energetic and dynamic leaders to sit on the inaugural Board of Directors," reads the posting.

An executive director for the board hasn't been chosen yet.

Before approving the plan for the independent board, city councillors were insistent on the types of people that should be added.

"Depending on the makeup of that board, you'll be choosing a direction, so who is on that board will be very important," said Coun. Diane Deans during the committee meeting on April 4.

Her colleague Coun. Keith Egli emphasized having agriculture representatives, while Coun. Jan Harder insisted on practical business experience being valued more than just having a "vision."

The final job posting includes desirable traits including leadership, community building, an "entrepreneurial spirit" and business and industry connections in Ottawa.

The city callout is also looking for people with experience in small business, agriculture, retail, tourism, arts and culture and management.

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SPACE

Asteroid named after astronomer Boyle

Amateur astronomer Gary Boyle is feeling like a star after hearing that the International Astronomical Union has officially named an asteroid after him.

"It's a high honour, especially for astronomers," said Boyle. "I'm ecstatic. To have your name eventually seen on astronomy software around the world, you're immortalized in space forever."

Other people with namesake asteroids include scientists, mathematicians, politicians and veterans from around the world.

> **I'm ecstatic. To have your name eventually seen on astronomy software around the world, you're immortalized in space forever.**
> Gary Boyle

Boyle's asteroid, previously known only by its numerical designation 22406, but now called "Garyboyle," is so tiny and far away that he won't ever be able to see it through his telescope. The object probably only spans a few metres wide and orbits more than 327 million kilometres away.

Boyle was nominated by Peter Jedicke, a fellow member of the Royal Astronomical Society of Canada. Boyle is being recognized for his work in encouraging Canadians to look to the night skies, through public outreach events and media.

"I want to motivate any kind of person, from eight to 80, to look up and enjoy the night sky. That is our beginning," he said.

"I love to motivate young kids especially to pursue science, astronomy and engineering. If there's a huge discovery in 20 or 30 years, wouldn't it be awesome if that person was asked how they got their start and they said, 'About 30 years ago this guy from Ottawa said 'Look at the eclipse' and it started there."

HALEY RITCHIE/METRO

Ottawa astronomer Gary Boyle with his telescope in Ottawa. Boyle leads outreach programs with the Royal Astronomical Society of Canada. CONTRIBUTED

Brandon Fasan, owner of Capital Cable Park, shown wakeboarding on the Ottawa River in 2017. Fasan is opening the cable park about a 90-minute drive north-west of Ottawa in Quebec. CONTRIBUTED

Cable park will wake us up to possibilities

WATERSPORTS

Enjoy usually pricey activity wakeboarding for much less

Haley Ritchie
Metro | Ottawa

A new watersport attraction is coming to the Ottawa River.

The first "cable park" will let residents try wakeboarding and waterskiing without a boat.

The cable park is the first of its kind in the Ottawa area and a 10-year dream in the making for owner Brandon Fasan.

"For me it's a community-enrichment project," he said. "There's so many barriers to entry with wakeboarding: boats are expensive, gas is expensive. I'm offering people a way to try it for $20."

Normally wakeboarding and other tow sports involve a skier or boarder being pulled behind a boat. Cable park technology eliminates the need for a vehicle. Instead, the person is pulled via a zipline-like mechanism attached to an overhead line.

The line is suspended over the water between two towers and allows a rider to continue in an endless loop.

> **There's so many barriers to entry with wakeboarding: boats are expensive, gas is expensive. I'm offering people a way to try it for $20.** Capital Cable Park owner Brad Fasan

Fasan has competed as a member of the Canadian freestyle kayak team and has worked as a guide for Esprit, a whitewater-rafting business that operates on the Ottawa River.

"A lot of people don't have access to watersports," said Fasan. "I like breaking down barriers, I like showing people new experiences and having people try things that they thought they could never try before."

"It's something everybody can do, at just about any age. We try to make it a cottagey-type environment, with canoes and kayaks. You can really come out and hang out for the day."

Capital Cable Park plans to share some resources with Esprit, including their location in Mansfield-et-Pontefract, shuttle services and canoes and kayaks on site. The park will offer rentals, safety equipment and lessons on site.

Fasan plans to open the park on next month's Victoria Day long weekend.

While the current park is about a 90-minute drive from Ottawa, he plans to eventually bring the technology closer to downtown. He said concerns from the city about recreational zoning and finding appropriate land mean that for now the park will exist in Quebec.

The ice-walled canyon at the terminus of the Kaskawulsh Glacier, with collapsed ice blocks. The canyon now carries meltwater toward the Pacific Ocean. JIM BEST/THE ASSOCIATED PRESS

AIRLINE

Air Canada apologizes for bumping boy from flight

Air Canada has apologized to a Prince Edward Island family after the airline bumped a 10-year-old boy from a flight.

Brett Doyle booked four tickets from Charlottetown to Costa Rica for his family last August.

A day before their March break vacation, Doyle said he tried to check in his family online, but he could not select a seat for his son.

After hours on the phone with Air Canada, Doyle's wife drove to the airport and was told the flight was oversold and their son had been bumped.

The family then drove to Moncton to catch a different Air Canada flight to meet the Costa Rica flight in Montreal, but when that flight was cancelled they were forced to drive to Halifax and stay overnight in a hotel.

Air Canada said in an email it has apologized to the Doyle family.

"We are currently following up to understand what went wrong and have apologized to Mr. Doyle and his family as well as offered a very generous compensation to the family for their inconvenience," Air Canada spokeswoman Isabelle Arthur said in an email Monday.

Doyle said he was offered a $2,500 voucher, which expires in one year, and was told Air Canada may cover his expenses.

The family's misadventure underscores the airline industry's controversial practice of overselling flights and bumping passengers. THE CANADIAN PRESS

Shanna and Brett Doyle are seen with their sons, Cole, 10, and Simon, 8. CONTRIBUTED

A first for 'river piracy'

YUKON

Once-raging Slims River now shallow and nearly dry

Scientists have witnessed the first modern case of what they call "river piracy" and they blame global warming. Most of the water gushing from a large glacier in northwest Canada last year suddenly switched from one river to another.

That changed the Slims River from a three-metre deep, raging river to something so shallow that it barely was above a scientist's high top sneakers at midstream. The melt from the Yukon's Kaskawulsh glacier now flows mostly into the Alsek River and ends up in the Pacific Ocean instead of the Arctic's Bering Sea.

It seemed to all happen in about one day — last May 26 — based on river gauge data, said Dan Shugar, a University of Washington Tacoma professor who studies how land changes. A 30-metre tall canyon formed at the end of the glacier, rerouting the melting water, Shugar and his colleagues wrote in a study published in Monday's journal Nature Geoscience.

The term "river piracy" is usually used to describe events that take a long time to occur, such as tens of thousands of years, and had not been seen in modern times, especially not this quickly, said study co-author Jim Best of the University of Illinois.

The scientists had been to the edge of the Kaskawulsh glacier in 2013. Then the Slims River was "swift, cold and deep" and flowing fast enough that it could be dangerous to wade through, Shugar said. They returned last year to find the river shallow and as still as a lake, while the Alsek, was deeper and flowing faster.

"We were really surprised when we got there and there was basically no water in the river," Shugar said of the Slims. "We could walk across it and we wouldn't get our shirts wet. It was like a snake-shaped lake rather than a river."

What had been a river delta at the edge of the Slims River had changed into a place full of "afternoon dust storms with this fine dust getting into your nose and your mouth," Best said. THE ASSOCIATED PRESS

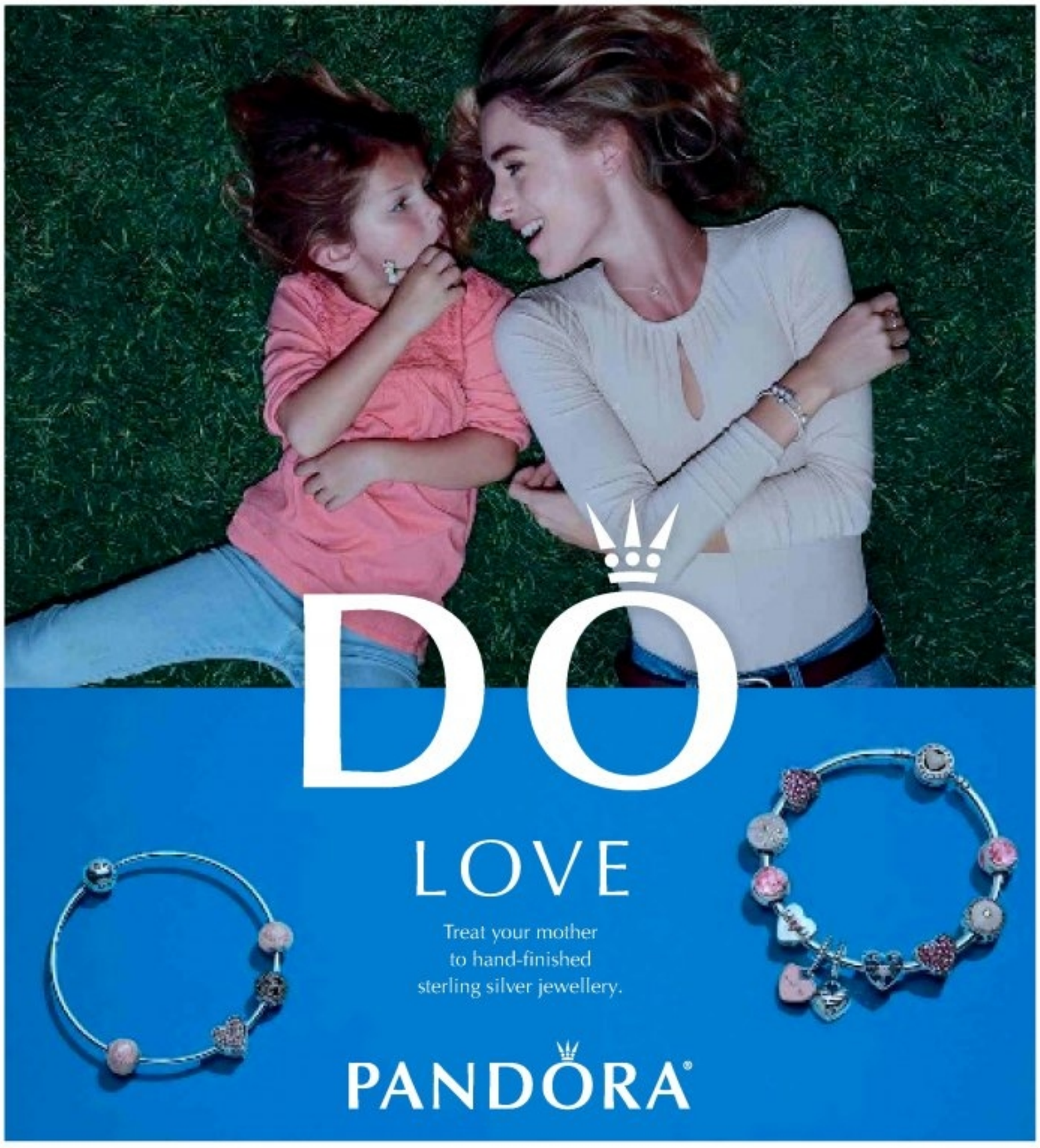
CLIMATE

Warm summer means higher risk of forest fires

Nearly a year after the massive wildfire that devastated Fort McMurray, Alta., a climate scientist says there may be more forest fires in Canada this summer.

"If the forecast's right that it's a warmer than normal summer, we'll probably have more fires," says Mike Flannigan, a meteorologist and professor in the University of Alberta's renewable resources department. Flannigan says there are about 7,000 forest fires a year in Canada on average. But that number can vary depending on the weather. Warm temperatures mean a longer fire season, and more susceptible conditions. Forest fires are usually triggered either by lightning or by human activity.

But Flannigan says there's an increased risk of both kinds of fires in warmer weather, particularly in climates that are also dry and windy. A warm summer also means a longer fire season, he says. Fire damage is typically worst in mid-summer in July. THE CANADIAN PRESS



Police baffled by Facebook video killing

CRIME

'I snapped,' said Steve Stephens after killing a Cleveland man

Steve Stephens CLEVELAND POLICE

In a rambling video, Steve Stephens said, "I snapped, I just snapped." But as the manhunt dragged on Monday for the man accused of posting Facebook footage of himself killing a Cleveland retiree, police were unable to explain what set him off.

"Only Steve knows that," Cleveland police Chief Calvin Williams said as authorities posted a $50,000 reward for Stephens' capture in the shooting of Robert Godwin Sr., a 74-year-old former foundry worker.

In the video, Stephens blamed a former girlfriend he had lived with, saying he woke up last week and "couldn't take it anymore." But in a statement Monday, the woman shed little light on what might have gone wrong and said Stephens was good to her and her children.

As for the shooting victim, Godwin appeared to have been selected at random, gunned down while picking up aluminum cans Sunday afternoon after spending Easter with some of his children.

A manhunt that started in Cleveland's gritty east side expanded rapidly into a nationwide search for Stephens, a 37-year-old job counsellor who worked with teens and young adults, police said.

"He could be nearby. He could be far away or anywhere in between," FBI agent Stephen Anthony said.

Law enforcement officials said his cellphone signal was last detected on Sunday afternoon in Erie, Pa., about 160 kilometres east of Cleveland.

Police reported getting dozens and dozens of tips, and nine schools in Philadelphia were locked down Monday while authorities investigated possible sightings of Stephens. But they said there was no sign he was actually there.

Some of those who know Stephens described him as pleasant and kind, while some said he had a gambling problem. He filed for bankruptcy two years ago.

Godwin's daughter said he was killed while collecting cans in a plastic shopping bag.

THE ASSOCIATED PRESS

WHITE HOUSE
A DAY OF FESTIVITIES
Children participate in an Easter egg roll race during the 139th Annual White House Easter Egg Roll on the South Lawn of the White House in Washington, D.C., on Sunday.
GETTY IMAGES

IN BRIEF

United changes policy
United Airlines is changing a company policy and will no longer allow crew members to displace customers already onboard an airplane.

The change comes after a passenger, Dr. David Dao, was dragged from a fully-booked United Express flight in Chicago because he refused to give up his seat to make room for crew members.

Under the change outlined in an internal April 14 email, a crew member must make must-ride bookings at least 60 minutes prior to departure.

THE ASSOCIATED PRESS

FOREIGN AFFAIRS

Tensions spike over North Korea, but Pyongyang barely noticing

The clouds of war, it might seem, are gathering around the Korean Peninsula.

The North Korean government flaunts an increasingly sophisticated arsenal of intercontinental missiles and launches a midrange version, which apparently fails seconds after takeoff.

The U.S. moves an immense warship to the waters off the peninsula in a display of military might.

President Donald Trump warns he's ready to "solve North Korea," while North Korea's deputy foreign minister says his country will conduct its next nuclear test whenever it sees fit.

And in Pyongyang, where war would mean untold horrors, where neighbourhoods could be reduced to rubble and tens of thousands of civilians could be killed, few people seem to care much at all.

On Sunday, the city's zoo was crowded, playgrounds were full of children and families strolled along downtown streets speckled with the blossoms of apricot trees.

In a country where the propaganda is all-encompassing, and where the same family has held power for three generations, every display mixed bright flowers with reminders of Kim Il Sung or the nation that his grandson, Kim Jong Un, now rules.

So there were dioramas of Kim Il Sung's birthplace, photos of him meeting foreign leaders, paintings of new housing developments — and models of missiles.

And there was Chong Ok An, a retiree. "We're not afraid," she said.

"As long as we have Marshal Kim Jong Un we can win any fight." THE ASSOCIATED PRESS

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Many want feds to step in

HOUSING

Poll shows support for Ottawa cooling hot market

More than six in 10 Torontonians want to see the federal government apply cooling measures to the fevered housing market, says a new poll by Campaign Research.

The finding comes as the Toronto region continued to show double-digit price gains in the first three months of the year, according to a quarterly report by Royal LePage.

The poll results show that 58 per cent of Canadians and 64 per cent of Torontonians want Ottawa to intervene in the rising cost and steep competition for real estate.

"There's no doubt there definitely is an appetite among people in Toronto and British Columbia generally to see some movement of some form of government intervention," said Eli Yufest, CEO of Campaign Research.

The online study, conducted between April 3 and 11, shows younger people are most likely to support government intervention. About 70 per cent of respondents aged 18 to 35 agreed the government should step in. The reasons are obvious, said Yufest.

"They generally are the ones who finished school recently and they're just starting off in their careers and they probably don't have the funds to buy a house in Toronto," he said. "So they're the ones who probably need the most support."

A foreign buyers tax, such as the one implemented last year in Vancouver, is the preferred mechanism for tamping down soaring prices, according to 39 per cent of national poll respondents.

A vacant homes tax is the best course according to 17 per cent of Torontonians, although only 13 per cent of Canadians favoured that option. Eleven per cent of all respondents favoured tighter mortgage rules. Seven per cent said the government should do nothing and 15 per cent said they didn't know.

The poll surveyed 1,970 respondents across Canada and is considered accurate within two per cent 19 times out of 20.

TORSTAR NEWS SERVICE

Younger people are most likely to support government intervention, a new poll by Campaign Research shows. THE CANADIAN PRESS

BY THE NUMBERS

63%

Toronto-area respondents who agree the federal government should intervene in major cities. That compares to 50% on the Prairies and 58% on average nationally.

65%

Canadians aged 18 to 44, who agree the government should try and cool the property markets, compared to 52% of those over age 44.

41%

Canadians with incomes between $20,000-$60,000 who believe government should impose a foreign buyers tax, compared to 38% of those with income over $60,000.

ENTERTAINMENT

Kids pick TV: Study

Grace Ellis has never known a time when you needed a TV to watch TV. The fifth-grader watches shows on her laptop, iPad and phone. She has a TV in her bedroom that isn't hooked up to cable but is perfect for watching DVDs.

"The generation coming up now is used to having everything at their fingertips," says Stacey Lynn Schulman, an analyst at the Katz Media Group.

Why not? From birth, theirs has been a world of video digitally issuing from every screen.

Even so, it may be surprising that children nonetheless watch most television on, well, a television. As in: old-fashioned linear, while-it's-actually-airing telecasts.

A new Nielsen study finds that in the fourth quarter of 2016, viewers aged 2-11 averaged about 17 hours of live (not time-shifted) TV each week. Granted, that's a drop of about 90 minutes weekly from the year before. But by comparison, kids in the fourth quarter of 2016 spent about 4-1/2 hours weekly watching video content on other devices.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 77

NIAGARA FALLS, ONT.

IT WAS MY FIRST MORNING AT NIAGARA FALLS. WAKING UP IN THE SUNLIGHT, I OPENED MY EYES AND SAW THIS MATER PIECE OF NATURE AND IT TOTALLY TOOK AWAY MY BREATH. **ELAINE LI**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

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OSLT

FLAP

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Genna Buck

Turn your 'hood into a habitat

Cities are awesome places for people, but we share them with animals and plants — and we've been bad neighbours. Two-thirds of the Earth's wildlife has disappeared since 1970, according to the World Wildlife Fund, and urbanization is a big culprit. The situation is far from hopeless, however.

Here's how you can turn your garden, and your whole neighbourhood, into a place native plants and animals can really dig.

CATALOGUE

Walk around your yard/back alley/anywhere plants grow. Do you see pollinators like butterflies or bees, or natural recyclers like worms? You can keep the diversity you have and attract species you want by installing a bird feeder or toad house.

CUSTOMIZE

Before bringing home plants or seeds, find out what your garden can grow. What kind of soil do you have (rocky, sandy, clay?) and how deep is it? How much sun does your garden get? Don't get too hung up on appearance; some needed species aren't always the prettiest. And apartment dwellers, take note: Every little bit helps, including plants in window boxes or on your balcony.

GET YOUR HANDS DIRTY

You've made a plan. Now all that's left is the messy, fun part.
In Ottawa, try these native species to spruce up your garden:

- Spicebush
- Wild cucumber
- Yellow ladies' slipper
- Wild grape

GROW A TEAM

Many urban neighbourhoods have a local horticultural society or association of master gardeners to offer help and support. Swap seeds, share tips, and commit collectively to building a habitat for a species you're interested in protecting. If there isn't a group in your neighbourhood, consider starting one.

EVICT ALIENS

See plants growing like weeds? They probably are. As much as it feels like murder, invaders need to go. Depending on how extensive the infestation, you might need professional help. The WWF maintains a most-wanted list of invaders across Canada, which can help you tell friends from foes.

PUBLIC WORKS
The week in urbanism

SACRED SUDS
Pope Francis has opened a free laundromat in Rome as a service for the city's homeless. The spot offers the basics, from washers and dryers to irons and detergent. It's part of a series of initiatives, including barbershops and showers, the pontiff has launched to help people on society's margins.

PEOPLE POWER
In San Francisco, citizens fed up waiting for city hall to step in added pylons and planters to an intersection to force cars to slow down when turning corners.

CITY CHAMP **Metro's Citybuilder of the week**

Paul Bell, a Winnipeg-based urban planning student, just helped launch a weekly meet-up called Urban Brew, where anyone with thoughts on cities can chat urbanism over pints.
@iampaulbell

WORD ON THE STREET by Wanyee Li

Cities are hiring masters of disaster to tackle tomorrow's troubles

Katie McPherson is one of four chief resilience officers in Canada. VANCOUVER.CA

Four Canadian cities have appointed chief resilience officers, or plan to, this year after making it into the 100 Resilient Cities Network, a project funded by the Rockefeller Foundation.

Vancouver, Calgary, Toronto, and Montreal will have access to millions of dollars worth of support and funding that aims to help urban areas deal with shocks such as natural disasters as well as growing pressures like poverty and transit vulnerabilities.

The CRO will be in charge of co-ordinating resources and carrying out a resiliency strategy unique to each region.

"We're looking for a respected person who gets the fact that the solutions to these problems are going to come from collaboration," Toronto Mayor John Tory told Metro when that city was announced as a recipient last spring.

Resiliency priorities will be different for every city. In Vancouver, officials have said housing affordability is on the agenda while Toronto has already pointed to congestion as one of the issues it plans to tackle.

Both Calgary and Montreal say their resiliency strategies will focus on protecting residents from extreme weather events such as the 2013 Calgary flood.

Vancouver, Calgary and Montreal have already appointed their CROs, all of which are existing civil servants, including Katie McPherson, Vancouver's manager of emergency management and Calgary's Brad Stevens, the deputy city manager.

Toronto says it plans to fill the two-year position by September.

McPherson says the position will help Vancouver "elevate and share" existing work. It also allows cities to "achieve big pieces of work that we can't do alone," she said when Vancouver announced her appointment.

URBAN DICTIONARY

DEFINITION
To **daylight** an intersection is to ban cars and delivery trucks from parking too close to the crossing, opening up sight lines for pedestrians, cyclists and drivers.

USE IT IN A SENTENCE
Crossing Main and Pine streets no longer scares the living daylights out of Tina since the city **daylighted** the intersection.

metro Your essential daily news
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metro LIFE

Your essential daily news

Tuesday, April 18, 2017

"My way of dealing with it was sticking my head in the sand, refusing to ever think about my mum, because why would that help?"
Prince Harry talks about his grief, says only counselling helped

Where Canadian film is headed

It's Canadian Film Day on Wednesday, a time to celebrate our filmmakers and have a hard look at our home-grown industry. We asked some of our brightest: What is the future of the biz? From Bonavista to Vancouver Island, from the Arctic Circle to the Great Lakes, here are their thoughts. **RICHARD CROUSE/FOR METRO**

Very targeted content on digital platforms

"One thing for sure is on-demand and very targeted content," says director April Mullen on the future of CanCon film. "Basically, audiences are dictating on which platform they want to consume content." Mullen, whose film **Below Her Mouth** hits theatres and VOD simultaneously on April 28, says while digital platforms are "not as profitable as I'm sure they might be in the future," she's adds that, "there's always room for innovative content, in all forms, and so much is possible for storytellers to breakthrough with the technology available nowadays."

More and better streaming options

"The future," says John Barnard, a Winnipeg based director, "holds the possibility for more and better streaming options that pay for content and are reliable enough to be bankable. People have been saying this for years but now everyone actually has the box attached to their TV." Barnard's film **Menorca opens April 21**. He's pictured here with two of the film's stars, Tammy Gillis and Sheila Campbell.

The rise of VOD

"Filmmakers need to abandon the idea of, 'I want my film in the cinema,'" said Amal director **Richie Mehta**. "Now I'm very comfortable if I make a film and it goes straight to VOD."

Mehta notes the scope of Canadian film has expanded. Globalization and the accessibility offered by VOD technology has created a borderless audience for our films. "I'm not sure that people around the world know they are watching Canadian films. Which is kind of interesting because people are watching them."

Films on our own terms

Along with a changing distribution system comes a new attitude expressed by Montreal-born director **Joey Klein**, whose film The Other Half starring Tatiana Maslany was released earlier this year. "People are making films more on their own terms now; less about the idea of what a movie should be per our neighbours to the south, and more what a film could be given the resources we have."

New metrics for success

Streaming and VOD can expose domestic films to potential new audiences here in Canada and worldwide, offering up new metrics in determining a movie's commercial value.

"At an information session this month, Telefilm staff said they will be placing less emphasis on box office as a measure of success," said Maritime filmmaker **Thom Fitzgerald** who directed Cloudburst, a 2013 dramedy about an elderly lesbian American couple who move to Canada to get married.

JOHANNA SCHNELLER WHAT I'M WATCHING

Wall to wall homegrown movies on TV for Canada Film Day

THE SHOW: Into The Forest
THE MOMENT: The 7 a.m. screening

The power went out and never came back on. The radio played static, then nothing. Their father disappeared, the nearest town is 40 km away and the car is out of gas.

For a time, sisters Nell (Ellen Page) and Eva (Evan Rachel Wood) stubbornly hope things will go back to normal. In their eco-friendly house in the B.C. woods, Nell keeps studying, hoping for university and Eva keeps practising a modern dance for an audition. But eventually, events both gradual and sudden make them face the truth.

Wednesday is National Canadian Film Day 150. In honour of the big birthday, the organization Reel Canada compiled a list of the 150 essential-viewing Canadian movies and set up 1,500 screenings nation-wide, plus another 100 around the world at embassies, consulates and military bases. As well, a dozen broadcasters will be airing Canadian films throughout the day. (Find the schedule at canadianfilmday.ca).

On TMN Encore, for example, you can watch Sarah Polley grow from preternaturally mature young actress (The Sweet Hereafter, noon) to fascinating director (Away From Her, 9 p.m.). Hollywood Suite's four channels will be wall-to-wall red and white.

And the idea of watching writer/director Patricia Rozema's sad, spooky neo-apocalypse tale at 7 a.m. really appeals to me. Give into it, and slowly, quietly, it will encroach on your brain the way the forest encroaches on the sisters' house — like a dream. By 9 a.m., you'll awake back into real life, startled by your electric lights, running water and all colours not green.

Into the Forest airs on Superécron on April 19 at 7 a.m.

Evan Rachel Wood and Ellen Page star as sisters. CONTRIBUTED

Everybody's working on the weekend

INTERVIEW

Katrina Onstad on the importance of leisure time

When's the last time you had a truly enjoyable weekend — one free from checking work emails, rushing between appointments and, most importantly, one that left you feeling rejuvenated and ready to take on the week ahead?

In her new book The Weekend Effect, available today, Toronto author Katrina Onstad challenges the "cult of overwork" and underlines the importance of taking back those 48 hours of "off" time that have been eroded in an ever-competitive economy and constantly connected world.

Onstad chats about why Europeans are taking the right approach to leisure, how the on-demand gig economy has done away with set work hours and why weekends seem a little more magical when you're younger.

There are a lot of forces at work that have compromised our weekends, says author Katrina Onstad. JOANNCA HAUGHTON

First things first — did you work weekends to finish the book?

This is a very sensitive question. Yes, of course I did. I'm human and I'm a human freelancer, which is even worse, and sadly I did hit some crunch periods with this book where I had to work on the weekend. But I will say in my defence, I would always try and protect some zone of the weekend, so maybe not work on the Saturday but work for several hours on the Sunday and make sure those hours had a start and a stop. I'm guilty though.

When did realize your weekends weren't actually relaxing?

It was a gradual decline of quality on the weekends. There's four of us in my house and we were all feeling burnt out and really had those cliché Sunday night blues. It was not the weekends I remembered from when I was young, when there was so much possibility and we would feel a little bit altered for the better on a Sunday night.

What was it about weekends when you were younger that made them more relaxing?

Well, not having to earn money is great. But I think those great weekends that we remember are usually very social, they involve human connection and some kind of almost escape from the self, like any kind of activity where you can get into that flow state and really feel like you're a part of something bigger than yourself. So the romance and the potential of the weekend is something that I think you can really feel when you're young and it's important to try and get back into it.

Before crunch time on the book, did you take a cold-turkey approach to reclaiming your weekends, or was it a gradual process?

I don't want to come off as cold, and I think we have to be realistic about our different kinds of obligations, which change week to week. But for me, it's really been about sparking this awareness of my time and investigating my time to see if I'm using it wisely and if not, if diversion is the main substance of my weekend or work is the main substance of my weekend, then I really have to pull back.

In the book, you talk about how Europeans, generally, have a different approach to work than Canadians or Americans. How did that difference arise?

I think in North America, there's always been this work-identified culture — this is the New World, right? Work and self are really intertwined, and I think that, this is a generalization, but in many developed Western European countries, there's a different relationship to time and maybe not as monetized a relationship to time.

What we've also seen is that governments over there have been quicker to pick up on the downside of work-dominated culture and so you see in France, legislation passed to enshrine the right to disconnect, and Germany has also put in place some of these kinds of initiatives to protect their workers' free time.

We're a bit behind here, and I think a lot of it has to do with this work-first mentality.

In the book, you write about the "gig economy" and how convenience for people using on-demand services means the disruption of steady work hours for others. How can people such as Uber drivers block off time and reclaim their weekends?

There's been a massive shift in the way people work and I think our institutions really haven't caught up to the humanity that's required for this shift. There was a poll that showed more than 50 per cent of Toronto workers are now doing precarious work, so those kinds of workers are going to have a really hard time finding that conventional Saturday-Sunday weekend.

I think the first thing we need to do as a society is examine how equitable our labour practices are and what we need to improve so that workers are being treated fairly and getting a healthy amount of time off.

And then, on a personal level, we probably have to reframe our idea of the weekend so that even if our "weekend" falls on a Wednesday and a Friday, you can be really conscious about not squandering it.

Toronto's such a work-oriented city and I think it's something we really need to examine on a systemic level as well as in our own private lives. It's not just self-help. There are a lot of forces at work that have compromised our weekends and our free time, and if those don't change, then the onus can't just be on the individual, it has to be a sort of a larger social shift towards healthy work habits.

TORSTAR NEWS SERVICE

Gossip Digest PERSONAL BRANDS

CELEBRITY CHILD

Beckham daughter gets brand protection

Harper Beckham is only five years old, but her famous mother already is taking steps to protect her brand.

Fashion designer and former Spice Girl Victoria Beckham has registered daughter Harper's name with intellectual property authorities in Britain and Europe.

That will make it easier for Harper to market items in her own name and also offer her legal protections if she goes into show business.

The three sons of Victoria and soccer star David Beckham — Brooklyn, Romeo and Cruz — also have their names protected by earlier filings.

THE ASSOCIATED PRESS

SUITS

Branding of French presidential hopefuls

Do voters judge a book by its cover? France's presidential candidates certainly think they do, and more than ever are trying to get their political message across through their wardrobes.

Centrist candidate Emmanuel Macron wears suits that cost about 350 euros ($370) from a small Parisian retailer. Whether political calculation or lucky coincidence, the move nicely contrasts with conservative candidate Francois Fillon, accused of elitism for exorbitantly-priced suits paid for by donors, including 13,000 euros ($13,800) for two recent suits.

Far-right candidate Marine Le Pen favours sombre suits while on the far-left Jean-Luc Melenchon cultivates a tie-free image.

THE ASSOCIATED PRESS

PLAY Yesterday's Answers
from your daily crossword and Sudoku

8	1	3	4	9	5	6	7	2
7	4	2	1	6	8	5	9	3
9	6	5	2	7	3	8	1	4
1	5	6	8	2	7	4	3	9
3	9	7	6	5	4	2	8	1
4	2	8	9	3	1	7	5	6
6	3	4	7	8	9	1	2	5
2	7	9	5	1	6	3	4	8
5	8	1	3	4	2	9	6	7

for more fun and games go to metronews.ca/games

How to teach kids good money habits

Lay out what you'll be teaching before the lesson, writes Gail Vaz-Oxlade. ISTOCK

ADVICE

Telling your kids what you're going to do helps them

Gail Vaz-Oxlade
For Metro Canada

> **Complicated rules for how kids can get and use their money are hard to understand and keep straight.** Gail Vaz-Oxlade

Have you ever thought about how it's just as easy to learn bad habits as good ones?

Browsing serves a purpose. Unfortunately, in our time-pressured world, we haul our kids in and out of stores, seemingly without purpose, always shopping.

If you never leave a store without buying something, your kids will quickly learn that their purpose in going into a store is to find something to buy. You can't then turn around and say, "Do you think we always have to buy something?" because the answer is, "Yes."

That's what you've taught them. Bad habit. And all because you don't follow the next rule, which is...

Explain everything you're doing. Yes, it can become tedious, so it doesn't have to be everything, just most things. You can't take cash from a cash machine without explaining how it works or your kids will think, "The machine just gives you money."

You can't leave a tip on a table without explaining what you're doing or your kids will think "Mommy forgot money on the table, I better pick it up." You can't go in and out of stores without showing your kids your list or they'll think you're impulse shopping.

The more complicated you make something, the harder it is to deal with. Complicated rules for how kids can get and use their money are hard to understand and keep straight.

Telling your kids what you're going to do helps them create a mind-map of what's going to happen. Ditto teaching them about money. Lay out what you'll be teaching them before you get into the actual lesson so they know what to expect.

If you're going to teach about allowances, tell them you're not going to get into loans, advances, work for pay or all the other stuff that can make the discussion really complicated, you're just going to be talking about how much, how often, and what they can do with their money.

Routine is your friend. Keep switching the day when you give the allowance and watch your kid eye you suspiciously. Forget to give the allowance and you'll prove you're not trustworthy.

Change the rules on how the allowance can be used based on every new situation and you'll teach your kids you can't be trusted.

And don't give a kid her $7 in allowance using a five and two loonies. How will she put away her 70 cents for saving, or divvy up money between her planned spending and her mad money?

If you're truthful with your children, you have the right to expect the same from them. But if you lie, obfuscate and only tell part of the story, why would you expect any less from them?

For more money advice, visit Gail's website at gailvazoxlade.com

$ KIDS AND CASH

Rules for teaching kids about money

- Explain everything you're doing (ex. you can't take cash from a cash machine without explaining how it works).
- Keep a routine (ex. give an allowance on the same day).
- Be truthful. If you lie, why would you expect any less from them?

GAIL VAZ-OXLADE

HOUSING

Selling homes to T.O. sellouts

Sarah Blakely recalls feeling some trepidation when she and her husband shelled out more than $300,000 for a modest 1 1/2-storey house in a less-desirable part of Toronto.

Seven years later, they found themselves on the right side of a hot housing market, with values tripling in a 'hood suddenly considered up-and-coming for young families seeking detached homes.

They recently sold that renovated three-bedroom for more than $1 million and now expect to live mortgage-free in a four-bedroom purchase in their hometown of Ottawa.

The 34-year-old Blakely says it made sense to cash out of a city that was draining their finances, energy and family time.

"My husband and I saw an opportunity to take advantage of the recent gains in real estate and to move to a less expensive city to live mortgage-free, support our savings for retirement and also to be closer to family," says Blakely, whose new home has nearly twice the square footage.

Other buyers are looking even farther afield, outside of Ontario. It's part of a growing trend of families moving far away from their too-hot housing markets — one that real estate agents in places like the Maritimes are looking to capitalize on.

Remember that relatively inexpensive Nova Scotia mansion that dominated Facebook last month? Agent Wanda Graves of Eastern Valley Real Estate says it's sparked more inquiries from Ontario, Manitoba, Alberta and B.C. house hunters suddenly hip to Eastern Canada's charms.

Nova Scotia sellers are taking notice, and are marketing to out-of-province buyers now considered increasingly likely to make an offer.

"They know that there are buyers out there and now it's, 'How do we reach them?"' says Graves.

Sarah Blakely's house sold for over $1 million. THE CANADIAN PRESS

Before selling for $455,000, the mansion in Newport Landing, N.S., drew more than one million views on her company's website and 36,000 shares on Facebook.

It's a story Vancouver real estate agent Melissa Wu knows well.

Years of record-setting sales saw Vancouver homeowners cash out for smaller markets with more space.

But that changed after the B.C. government introduced a 15 per cent foreign buyers' tax last summer, which Wu says especially soured interest in west Vancouver luxury homes priced at more than $4 million.

She advises Toronto homeowners thinking of selling to take advantage while they can.

"There's always a shift coming in," she says of this hot market. "Sell before it corrects."

Blakey and her family may have taken action at just the right time.

Blakely's real estate agent Josie Stern says the Toronto market appears to be cooling, and doubts Blakely could fetch that same jackpot sale today.

"A little bit of air has been let out of the bubble," she says.

Many buyers and sellers are waiting to see what will come of today's scheduled meeting between Finance Minister Bill Morneau, Ontario Finance Minister Charles Sousa and Toronto Mayor John Tory, who are expected to discuss ways to rein in Toronto's hot housing market.

Meanwhile, the Ontario government is promising to announce affordability measures soon.

Stern says some buyers are delaying their purchase in anticipation of possible fixes.

"Buyers have been in such a stressful situation for so long that now they think somebody is going to save them and they're waiting," says Stern. "They've dug their heels in, they're tired of competition and then there's those that are still proceeding, but there's been quite a big pullback from buyers."

The Toronto market has been astonishing, with the average sale in the Greater Toronto Area skyrocketing last month to $916,567. That's up 33.2 per cent from a year ago.

THE CANADIAN PRESS

metro SPORTS

Raptor Serge Ibaka hasn't practised since spraining his ankle in Toronto's Game 1 loss to Milwaukee Saturday but expects to play in Game 2 Tuesday

BOSTON MARATHON KENYA'S KIRUI, KIPLAGAT RACE TO GLORY Geoffrey Kirui crosses the finish line to win the 121st Boston Marathon on Monday. The Kenyan runner pulled away from American Galen Rupp with about two miles to go to win in a time of two hours, nine minutes, 37 seconds. Kenyan policewoman Edna Kiplagat won the women's race in 2:21:52.
ELISE AMENDOLA/THE ASSOCIATED PRESS

Brooms closing in on Jackets and Wild

NHL PLAYOFFS

Columbus and Minnesota quickly pushed to the brink

The Columbus Blue Jackets scored more goals in the first six minutes of Sunday's game than in their first two playoff games combined. That still wasn't enough to slow down the Pittsburgh Penguins, who dealt the Blue Jackets a third straight playoff loss and put them on the brink of elimination.

Now the Blue Jackets, whose best season in franchise history included a 16-game winning streak, will try to get a win at home on Tuesday night to avoid being swept out of the first-round series by the defending Stanley Cup champions. An overtime goal by 22-year-old rookie Jake Guentzel — set up by some deft puck-handling behind the net by Sidney Crosby — was the latest dagger. Guentzel had a hat trick in the 5-4 Pittsburgh win Sunday.

Columbus isn't the only team in trouble. The Minnesota Wild, who had a 12-game winning streak this season, are down 0-3 to the surprising St. Louis Blues.

Minnesota has outshot St. Louis 117-79, killed off eight of nine power plays but has never led. Game 4 is Wednesday at St. Louis, whose goaltender, Jake Allen, has a .974 save percentage and 0.91 goals-against average after being 3-5 with a .902 and 2.29 in his playoff career coming in.

Columbus outshot Pittsburgh in their first two playoff games, and the Blue Jackets had chances to win all three. Veteran goaltender Marc-Andre Fleury, replacing injured starter Matt Murray, has been sharp for the Penguins and made a critical mask save of a potential game-winning Brandon Dubinsky shot in overtime Sunday.

The Blue Jackets will fight to stay alive without star rookie Zach Werenski, who fractured a cheekbone.
@ZACHWERENSKI/TWITTER

"We've played good hockey, and it's unfortunate we've put ourselves in this situation," Blue Jackets captain Nick Foligno said Monday. "There's pressure, but we know what we're facing. We've got a chance to just go out there and try to make a series of this."

Columbus will be without sensational rookie defender Zach Werenski, who was lost for the year after taking a Phil Kessel shot to the face Sunday. He suffered a fractured cheekbone.

But the Blue Jackets will get forward Matt Calvert back for Game 4 (7:30 p.m. EDT, CNBC). Calvert sat in the press box Sunday night, serving a one-game penalty for breaking a stick over the back of Pittsburgh's Tom Kuhnhackl and then decking him after the game was out of reach Friday night. Calvert didn't want to talk about the play Monday, but he did say it wasn't payback for anything that happened in the game.
THE ASSOCIATED PRESS

Go to metronews.ca for coverage Bruins-Senators Game 3.

NBA PLAYOFFS

Thomas to mourn between games

Celtics coach Brad Stevens says Isaiah Thomas plans to play in Game 2 Tuesday night against the Chicago Bulls, then head to Washington state to be with his family and help complete funeral arrangements for his sister.

Thomas attended the team's film session and short walk-through Monday, but did not speak with the media. Stevens says that after services for Thomas's sister, the star guard intends to rejoin the team Friday for Game 3 in Chicago. The coach adds that all plans are subject to change depending on how Thomas feels.

> **They care about one another and they support one another. That's what you hope you have in a team.**
> Celtics coach Brad Stevens

Chyna Thomas died early Saturday in a one-car accident outside Tacoma, Wash. No funeral date is set, and Stevens says the Celtics organization hopes to attend.

Boston lost the opener of the seven-game series 106-102 on Monday.

Celtics guard Avery Bradley said Thomas played admirably, scoring 33 points to go with six assists and five rebounds after an unsteady beginning.
THE ASSOCIATED PRESS

PREMIER LEAGUE

Arsenal gives its road woes the boot

Stewart Downing of Middlesbrough, right, and Arsenal's Granit Xhaka battle for the ball in Middlesbrough, England, Monday. GETTY IMAGES

Alexis Sanchez and Mesut Ozil secured Arsenal's first Premier League win on the road in three months on Monday with a 2-1 victory, reviving the London club's pursuit of Champions League qualification.

Arsenal, whose last away win came at Swansea on Jan. 14, moved into sixth place. Although Manchester City is seven points ahead in the fourth Champions League place, Arsenal has a game in hand with seven still to play.
THE ASSOCIATED PRESS

IN BRIEF

Benintendi lifts Red Sox to a series victory over Rays

Andrew Benintendi hit a go-ahead, two-run single as Boston scored three unearned runs following a dropped throw by second baseman Brad Miller, and the Red Sox beat the Tampa Bay Rays 4-3 on Monday in the annual Patriots' Day game.

Benintendi had three singles in the 11:05 a.m. start, which coincides with the Boston Marathon, and the Red Sox won their third straight after losing the opener of the four-game series. THE ASSOCIATED PRESS

Colts' Luck taking it easy after shoulder surgery

Andrew Luck isn't sure when he'll start throwing again and won't set a timetable for his return from shoulder surgery.

The Indianapolis Colts held their first official team activities Monday, and for the first time Luck acknowledged that his injury problems began during a Week 3 contest at Tennessee in 2015.

After that season, the starting quarterback said he decided to undergo rehab rather than opt for surgery. THE ASSOCIATED PRESS

MAKE IT TODAY

Spicy Apple Ginger Milkshake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Wake up to the smoothie equivalent of a piece of sweet and spicy apple pie.

Ready in 5 minutes
Prep time: 5 minutes
Serves 2

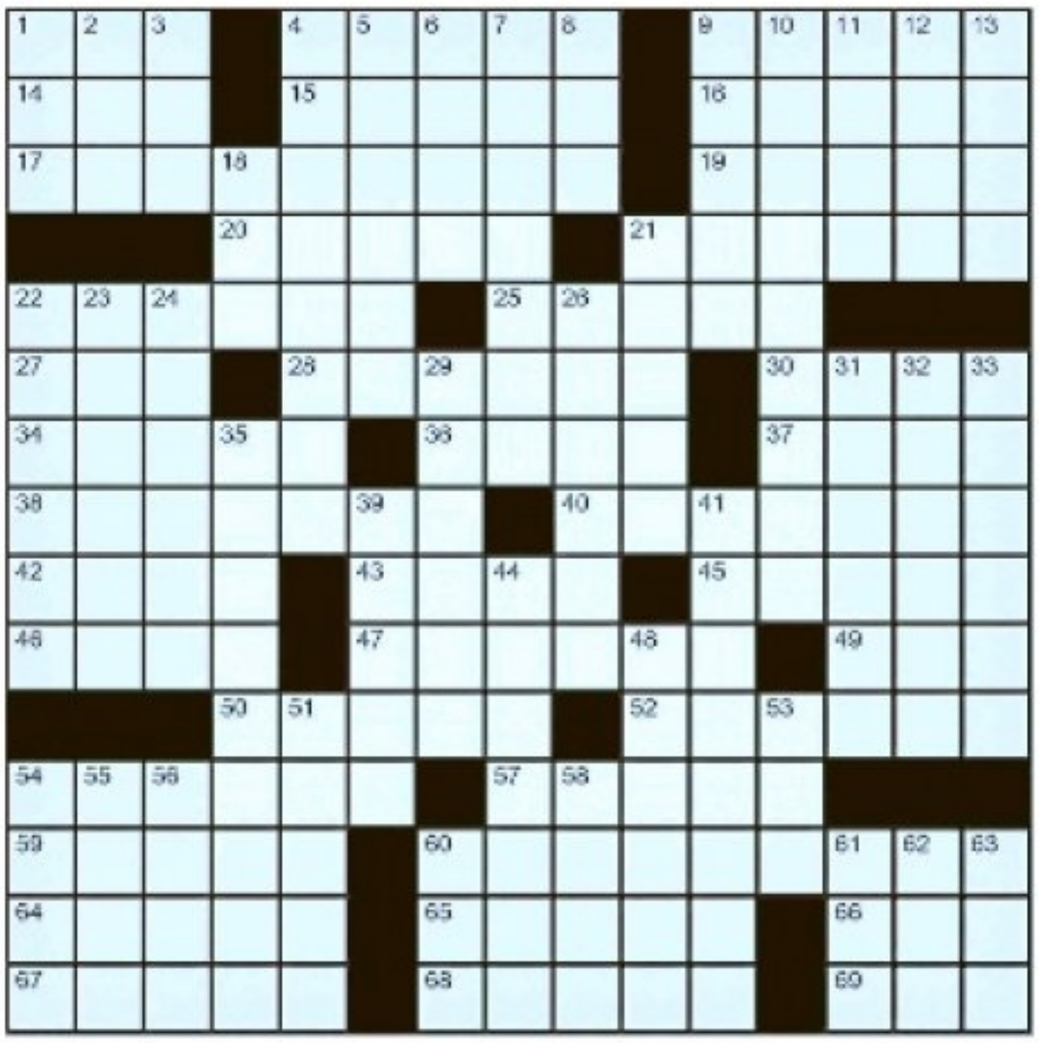
Ingredients
- 1 1/2 cup milk
- 1/2 cup Greek yogurt
- 1 Tbsp pumpkin butter
- 1/2 tsp fresh, grated ginger
- 1 Gala Apple, cut into slices
- 1 tsp maple syrup

Directions
1. Place milk, yogurt, pumpkin butter, maple syrup and apple into a blender and then pulse until apple is finely blended. Add ginger and pulse until blended. Pour and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ excellence
4. Sea _ (Furry aquatic animal)
9. Hawk's swift descent
14. Alleyway creature
15. Switzerland's variant-spelled capital city
16. Boldness
17. The Alberta town of Vegreville is home to the world's largest what?: 2 wds.
19. Mary-Kate _
20. Gastric trouble
21. : ...and : : :
22. Taxi driver
25. Diminish
27. Garlic, in a Quebec City restaurant
28. Almond fragment
30. Wild guess
34. Looseness in the line
36. _ tide
37. Volcanic flow
38. _ spray can
40. Recorded, as a wedding
42. Traffic jam sound!
43. Quote
45. Looking at
46. Mr. Warhol
47. Newspaper magnate, William Randolph _ (b.1863 - d.1951)
49. Litigate
50. Already-shown TV show
52. One coming up with a new word, say
54. Instigate
57. Upper Fort _ (Historical site in Manitoba)
59. "The Lady in Red" by Chris de _
60. Adorned, such as the Springtime object at #17-Across
64. "My Own Private _" (1991)
65. Full of life
66. "The Wonder Years" actress, Olivia d'_
67. They're owed
68. Portended
69. UK network

DOWN
1. Grand-_, Nova Scotia
2. US driving org.
3. Lefts opp.
4. Pyramid-top pillars
5. Toyota model of yore
6. _-planting ceremony
7. Do a jeweller's work at times
8. Rule, for short
9. Nose-in-the-air type
10. Church-_ Village, in Toronto
11. Approximately: 2 wds.
12. Kitchen appliance
13. Writes
18. Jacuzzi, for one
21. Wrist bones
22. Kind of melon
23. Helen, in Ireland
24. Played the radio too loudly
26. Canuck creature
29. Replacing/substituting: 2 wds.
31. The Way philosophy
32. _ Road (Toronto thoroughfare)
33. Tommy Brock, in Beatrix Potter's The Tale of Mr. Tod
35. Writer's concern
39. Rusty hue
41. Dissuaded
44. Hybrid citrus fruit
48. Endeavoured
51. Cultural standards
53. Shag rug
54. Footnote abbr.
55. Hosiery shade
56. Zodiac creature
58. _ wash jeans
60. Tap on
61. Bar bill
62. Musicals lyricist Fred
63. Grumpy's work mate

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day. You are advised to avoid a showdown with a parent, boss or authority figure. (This includes the police.) Things are too unpredictable!

Taurus April 21 - May 21
Steer clear of controversial subjects like racial issues, politics and religion, because this is a potentially explosive day. Expect travel plans to change or be canceled or delayed.

Gemini May 22 - June 21
Double-check all financial transactions related to wills, inheritances, taxes, debt and shared property. Something might be out of whack. Don't become caught off guard!

Cancer June 22 - July 23
Do not fall into intense discussions or arguments with partners or close friends today. Steer clear of these. In a nanosecond, someone might be overheated or too emotional.

Leo July 24 - Aug. 23
Be patient with co-workers today, because equipment breakdowns and delays can trigger arguments or moments of frustration. Chill out. Be supportive, no matter what happens.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids so be extra vigilant. It's also a dicey day for romance, so be aware of this as well. Patience is your best virtue.

Libra Sept. 24 - Oct. 23
Small appliances might break down today, or minor breakages could occur. That's because something is going to interrupt your home routine. Be patient with family members in order to avoid

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for you, so pay attention to everything you say and do. Don't try to convince others to agree with your point of view. Easy does it.

Sagittarius Nov. 23 - Dec. 21
Something to do with your cash flow, money or possessions is unpredictable today. Make sure you know what's happening. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with others today, because this is a potentially explosive day. People are on edge. Plus, unpredictable things are happening! It's a dicey combo.

Aquarius Jan. 21 - Feb. 19
There's an undercurrent of uncertainty to whatever you do today; you can feel it. A lot of other people can feel it as well. Just be cool.

Pisces
Feb. 20 - March 20
A powerful person might seek you out today and then lean on you about something. This could erupt into an argument. You don't need this, so run the other way!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8	6	7				4	
			2	3			6	

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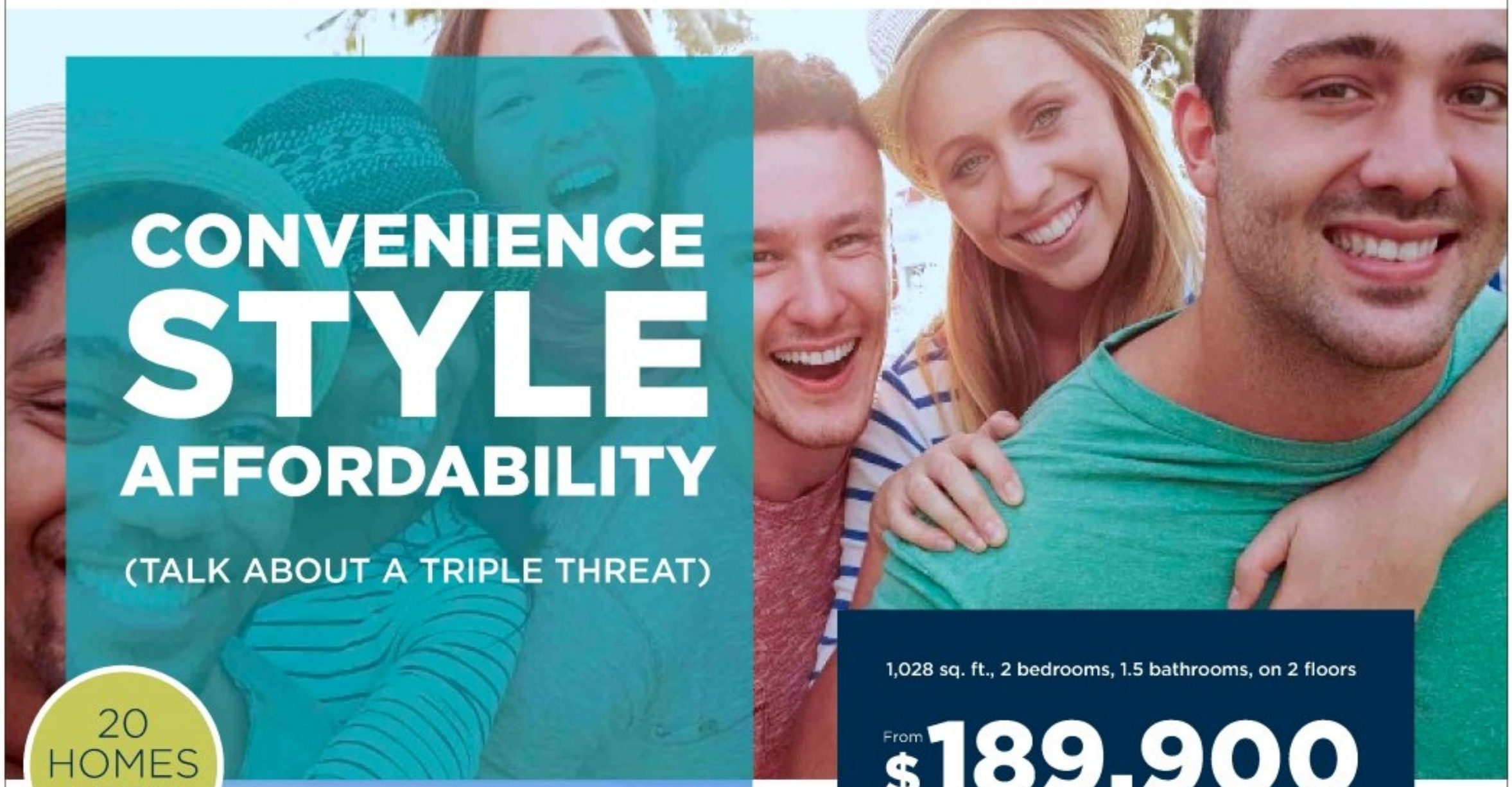

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(TALK ABOUT A TRIPLE THREAT)

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